

38 South 8<sup>th</sup>

Paper March 11<sup>th</sup> 1826

Music as applicable to Diseases  
of the mind,

Edw Hubbard

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Smith

from Dr. Massella

Call for

Smith

"entirely successful results in case"

Dr. Coralline Massella

for

Coralline Massella

An Essay on  
Music

as applicable to Diseases  
of the

Mind

"Musica et Mentis Medicina maestra."

By Hesper M. Hubbard A.B.

of

Lexington Georgia.





Since the dawn of Medical Science we find that  
the mind as well as the body of man, has been sub-  
ject to disease. Since the earliest records and from the days  
of tradition when truth was handed down in song, to  
mitigate the miseries and to co-operate in the subversion  
of those lost to reason was early impressed as a duty  
on the medical profession.

Hippocrates, Galien, Sydenham, Cullen and our  
venerable countryman Pouch have devoted much of their  
time and talents to the consideration of this dreadful  
Malady. To them might be added many others who have  
written of the cause, the symptoms and treatment,  
recording in their day the effects of different  
remedies and those best calculated for cure.

Notwithstanding these landmarks, we  
are yet tossed on the sea of uncertainty, with no polar  
star to direct us through the often traversed yet vague  
labyrinth of this disease, and our only hope the faint-



hammering of the distant lighthouse experiment, and  
guide the compass of caution.

Such is the constitution of man and such his  
weakness in following the highest intellectual attributes  
he is liable to become the subject of madness, besides many  
other indispositions provoked by care, anxiety, and despair.  
A great number of the maladies for which the physician  
is consulted in persons of refined sensibility and deli-  
cate temperaments, have a direct origin in some  
labour of the mind, which extends its influence  
over the animal system.

There is no sight to the professional man more af-  
flicting and at the same time more interesting than to witness the  
progress of these fatal symptoms. The interesting female the pale  
victim of melancholy, the care worn cheeks of the disconsolate  
mother the son of genius whose only malady is some disease  
of the mind; defeated in some favorite scheme on which  
he founded his future glory and happiness he gives way to the  
suppression of a noble mind" which admits of no medical relief.



Not more interesting to see a fellow being lost to civil and religious society, the raging madman or self created lord equally claim a share of our protection and skill, in no case should they be treated with railing or neglect, when other remedies have failed and prohibited let us trust the influence of the harmony of sound.

There is a charm a power that sways the breast,  
 Bids every passion revel or be still,  
 Inspires with hope - or all our cares dispels,  
 Can soothe destruction and despair,  
 That power is Music. *instant*

Although the idea of the golden age and the Elysium have long gone by, yet there may be a balm to soothe the "hurled mind." While I remember the beloved *paradise of Egypt* was the work of centuries, and the *burial* *chamber* is a heap built up of little sands, I come forward with confidence to contribute my mite towards rearing a monumental trophy to the healing art. Consulting the history of our profession we find



but human inquiry has been extended in search of remedies  
to alleviate the ills of life. it is with pleasure we contemplate  
the triumph over some of the destructive and loathsome  
diseases which for a time spread terror over the whole civil-  
ized world. The name of Jenner at once speaks volumes  
and to the student and philanthropist stands like the  
often inscribed adage "leave nothing undone which has  
yet been done, consider nothing done while anything yet  
remains undone".

The origin of Music like every peculiar gift  
of privilege was readily ascribed by the uneducated Heathen  
to the gods. Need I again relate this well known tale of  
Orpheus or refer to ancient history for its wonderful effects.  
The Greeks gave Apollo the credit of so great an inven-  
tion, and worshipped him as the god of Music. They looked  
not on the amusement of their Deities and the reward  
of blessed mortals. In such esteem did that great law giver  
hold music - and such was his veneration for nation-  
al tunes, he says to change them would be to overthrow







the existing laws and subvert the morals of the country, his opinion was that it was a gift of the gods not only for pleasing the ears, but to calm and regulate the passions of the mind. Aristotle his rival and opponent in jurisprudence agrees with him in this particular. Solon boasts of its ascendancy over the human passions by saying it was necessary to civilize the Athenians whose manners were savage, their country moorland surrounded by a cold winter atmosphere. Pothanorus intended it to inspire the heart with laudable actions and inflame a love of virtue.

It would be unnecessary to pursue this further or even mention the names of great men who viewed it with the eye of devotion, and have related some wonderful effects it had produced, though much of it is advanced in the hyperbolical style of the oriental nations it should not be disregarded. A modern poet has said of Music

— "it allays each grief exalts each joy.  
Expels disease - softens warm pain."



Subdues the rage of poison and the plague  
And hushes the woe of antique days and  
Melody and Song."

Modern history relates that the brave but unfortunate Swiss  
who far from his native romantic country at the sound  
of certain music suffers from nostalgia to such a degree  
that he is unable to proceed. The French during the  
revolution found their national tune of chant du Depart  
and la ira of great avail. It is well known the electric  
effect of our own national tunes Yankee Doodle and  
Hail Columbia! at the sound of which the pulse of  
every true American beats high. The same may be  
noticed in every nation; man whether he forges in the  
furnace of the forest or adorns the circles of polished life  
is physically everywhere the same.

Pursuing the history of music we  
find it early attracting the attention of physicians as a  
therapeutic application to disease. The case such as Boole  
is related of a Spanish knight losing the power of his



Minister, and Poppeus of a woman being thrown into convul-  
sive fits of laughter at the sound of certain music, the  
case related by Alond and others of its effects in the cure  
of the bite of the Tarantula, we are to regard them as  
being more curious than useful.

Pythagoras employed the Doric music to restore  
those who had lost their senses over their reason. Asclepi-  
on employed it in healing diseases of the mind.

Archestratus relates that Demetrius failed not to allay the  
torments of Sicilian gout by the soft sound of his flute. Al-  
though mentioned by Pechin found no method to render  
supportable his violent attacks of the gout but harmonious  
music. According to Galeni Diavese was recalled from  
the gates of death by the harmonious singing of an odd.

The following is found related in an author who  
appears to have been always a close observer of nature. For  
say the remedies in the Apothecaries shops that go by  
the name of antispasmodics, comforters of the heart and  
memory, are rather invented to favour the pomp of the art



than to dispel the better cares of the mind or to rouse the  
sleeping spirits. The remedies are country air, frequent  
walking - the use of Music, all by the virtue of the soft and  
gentle delights they give to the mind do gradually - repair the  
weak constitution of the body, and reduce the disordered  
motions of the imagination to their primitive regularity."

Looking over some of the more modern practitioners I  
find it has not escaped their attention. Dr. Thomas in treating  
of diseases of the mind recommends amusements and  
Music. Good says "nothing can be more injudicious  
than the ordinary routine of medical treatment, which  
till within a few years was equally employed in almost  
all the larger plebeian hospitals in our own country  
and on the continent, which consisted in a course of  
vomiting, purging and bloodletting administered in very  
careless indiscriminate. The same author after his  
prob division of mental disease and minute symptoms,  
concludes his treatment by saying "after all we will have  
chiefly to depend on medical treatment - Amusements of -







any kind that may engage the attention, without raising  
the passions or producing fatigue should be promoted by  
any contrivance that can be thought of."

The word *Musica* is derived from the Greek *Mosa*  
*muson* - it may be defined the art of combining sounds  
in a manner agreeable to the ear. The *modus operandi* like  
all sensible operations is made through the medium of the nerves.  
The *Portio Mollis* from its peculiar arrangement appears to  
be well calculated to conduct the impressions made on the  
nerves to the most minute parts of the complex system of  
hearing.

The diseases to which it is most applicable are Hypo-  
condriac - Nervous passions and Mania. In suggesting  
this remedy (if such it may be called) I am aware of the  
difficulties that may occur and the utter impotency of  
it to reach many cases that will present. Disengagement  
from congestion and Mechanical causes call loudly for  
more active agents, it is only during brief intervals and  
acts of convalescence that it may be employed, and in



in any case where it is disagreeable might be gently with-  
drawn.

Nor can I omit suggesting the propriety of music  
in these diseases as far as it is when more radical ag-  
ents have been employed, when the more acute forms of the  
disease have taken place that music might be resorted to  
as an auxiliary in returning to health, particularly at that in-  
terval when the disease assumes a favorable change. There are  
however cases related in the memoirs of the Royal Academy  
of Sciences of Musicians having been cured of violent  
paroxysms of disease by concerts of music at the bedside.  
Judging from my own experience, I should say it would be  
more effectual after the patient had been long confined to  
the bed of sickness. It is recommended in the first stage  
of convalescence to remove objects calculated to remind  
the patient of his situation, introduce agreeable topics and  
cheerful conversation. At a time thus when the mind is pecu-  
liarly susceptible of impressions, Music might be offered that  
which is calculated to introduce recollections of a pleasant



action and produces a new current of feeling cannot fail to prove  
a tonic stimulant of the most generous nature.

The female voice appears to have a peculiar effect on the mind  
of man not only in health but is remarkable in disease, it is  
said that females have much more influence in governing the  
demeanor than males. It is not only curious but true that  
men in debate like steel against granite strike fire, but  
are fain to retire from the business of collision with their  
own and what mental energy with the softer sex. Their  
minds are like the orb of vision become weary by ex-  
cess of application and delights to rest on some soft object.

Bottaini notices the effect which the female voice has  
in his Essay on old women, he says "I have observed English  
women administering consolation and relief to men tor-  
tured by the agonies of disease and watchfulness.

Presumpting into the tortures of the scene,

Love watching madly with unfeeling men.

The sweet captivating voice soon drives the tear which flows down  
the care-worn cheek and inspires hope in the soul despoiled by misfortune."



St. Jack Melancholy.

Dr. Rush in his treatise on the mind has left the following. "Music has often afforded great relief in the disease. Luther who was sore afflicted with it bore the following testimony in its favour. Next to theology I give the highest place to music for thereby all anger is forgotten; the Devil, also melancholy, and many tribulations and evil thoughts are driven away." He states that he attended a citizen in Philadelphia occasionally in paroxysms of this disease who informed him that he was cured of one of them by hearing the old Hundred Psalm tunes sung in a country church.

Barton in his great work "Anatomy of Melancholy" says "Many and sundry are the means which physicians have presented to exhilarate a sorrowful heart and direct the fixed and intent on cares and meditations, in this malady there is nothing affords so much relief as Music. Iacobus Pratensis says of Music "A most admirable and worthy consideration, can uplift the mind and stay those







temperament of it. Not to pursue the quotations farther for there is a great number to be found in authors I shall state the two following cases as having come under my own cognizance. I have been acquainted with a circle of friends that such a case stands recorded in the archives of London's traditions, and shows the power of Music in this species of mental alienation.

Mr B. A young man of brilliant talents and great acquirements, by a long course of studious and sedentary habits, was subject to nervous affections, he was often affected by paroxysms of hypochondriacal, frequently he would suffer in mind to be misled by all the hallucinations of imaginary evils. It happened at the time a musician came to reside where he lived that performed admirably well on several instruments, with whom joined in concert several others, it always proved a powerful remedy in alleviating the situation of this young man, he would soon forget his imaginary evils, become cheerful and agreeable, the impression on him was not transient, he would become cheerful.



and continued under the impression for several days and amused himself by playing on the flute some of his favorite airs one well known "Away with Melancholy". He was soon noticed to recover and at this time is entirely exempt from the disease. In moments of these rational amusements he has often declared to me when his own impression it gave him "more pleasure than anything in life."

A few years since I knew a young lady who was so much affected by repeated paroxysms of hysteria that she at times suffered partial derangement, on hearing some favorite tunes played on flute which were practised in a medical point of view, would be completely restored to her once wonted calm serenity.

#### The Fictions.

"Among the inherent causes of disease may be mentioned the fictions and emotions of the mind. Little attention is required to persuade us that they exert great influence over the animal economy and are no slender source



"moderated affections." They have been divided into solitary  
 and hurlful. Among the first circle, Hope - Love - Ambition  
 and Courage, they are never hurlful unless carried  
 to excess, it is then that Music might be employed to  
 restrain the outgoings of these generous passions, some  
 tune of a soothing sedative nature would be well cal-  
 culated to soften down exulting Joy - calm ardent Love -  
 restrain the Ambitious and temper the Courageous.  
 The hurlful though contrary to these have nearly the  
 same effect in producing disease, and in like manner  
 might be operated on by Music, it might be so modified  
 as to overcome all the hurlful passions. It has been  
 thus elegantly expressed by Pope.

"Music the potent grief can charm,  
 And later sweetest rage disarms.  
 Music can soften pain to ease,  
 And make despair and madness please."



## Mania.

In mania even in the most aggravated and the various grades of the disease whatever may have been the cause, and whatever may be the ruling belief or misconception of these miserable beings, they have been arrested and brought to reason by Music. A number of such cases are recorded and the attendants on this unhappy class of beings readily testify of its powers. Not having witnessed its effects myself I shall be content to relate some one which are on record and some which have been related to me by others. The first is recorded in the old Testament, though not styled Mania appears to have been some deep affection of the mind.

"But the spirit of the Lord departed from Saul, and an evil spirit of the Lord troubled him - And he came to help when the evil spirit from God was upon his soul, that David took an harp, and played on it with his hand, & so Saul was refreshed and <sup>was</sup> well, and the evil spirit departed from him."







Darwin says "all the world knows that Music is of great use in the diseases of the mind; Upon which head, I don't but take notice of a passage of Alexander de Alexandria. Hippocrates made use of nothing more than Musical Harmony and concert of voices in curing frenetical persons, and such as were disordered in the mind."

In an inaugural Thesis published some years ago the following case is recorded by Dr Allen.

"Not many months ago I had an opportunity of witnessing the effects of Music in suspending Melancholia in a young man who unfortunately laboured under it. He had previously to his mental derangement been fond of amusing himself with his flute, and while in that active state of insanity I thought of trying the effects of this remedy for him. I recollect some of his favourites and persuaded him to play them for me. It was with pleasure I observed that these tunes, immediately composed him, they brought to his remembrance many objects of a pleasing nature, the ideas of which were



was associated with these tunes, and for a while entirely  
suspended the maniacal ideas which had taken possession  
of his mind?

The governor of the insane ward at the  
Hospital to whom I was referred by the resident physician  
for particular information, has politely furnished me with  
the following cases.

Mrs. A. was placed at the Hospital  
for medical treatment for Mania, her case was so  
aggravated she was obliged to be confined in a strait  
waistcoat, it happened at that time a young man  
occupied an adjacent room who amused himself by  
playing on the flute, while in every stage of the dis-  
ease this lady was noticed to pay particular attention  
to the music, it was not very long before she was  
discharged perfectly sane, and afterwards said she  
attributed her cure more to the effects of the music  
than any medical treatment, and is now a living  
witness to the truth.



At the same time a young lady was there whose mad-  
 ness approached to fury, but the sound of the flute she  
 looked silent and attentive, from that period was  
 dated the commencement of her recovery. I was also  
 informed from the same source that all the patients  
 in the insane ward listened with peculiar interest to  
 the sound of the flute. This is only confirming what  
 Doctor Rush before noticed he says "Musicians were  
particularly attentive to the music of military bands as  
 they helped the Hospital." He appears to have held  
 this remedy steadily in view, recommending it in Mania  
 and Manalgea. For Mania he says "it should be  
 accommodated to the state of the disease. In that state  
 which is now under consideration, the tunes should  
 be of a plaintive that is of a sedative nature."  
 In treatment for Manalgea he says "Music should  
 not be omitted as a remedy in this state of madness.  
 The tunes employed for this purpose should be of the  
 most inspiring nature."



In this disease I feel a confidence in urging the claims of music as it appears to have attracted the attention of many eminent physicians and even dwelled on by the "martial veteran of the western world."

Although I have wandered from the beaten track, I hope I am not misled by the ligatures of enthusiasm in search of a visionary remedy for one of the most calamitous misfortunes that man is doomed to bear. I wish in this sketch to attract attention to a mode of treatment which has for its object so great benefit. Go contemplate the "utmost exacerbation of human misery" that meets you in the murky cells of hospital, and if sympathy dwells in your breast, will that is a visionary and useless speculation, which demands the exertion of every uptried remedy for wretchedness so aggravated.

When all other endeavours then to retrieve the lost - bring back the wandering mind to reason and to happiness have been baffled - let us essay



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 of the same

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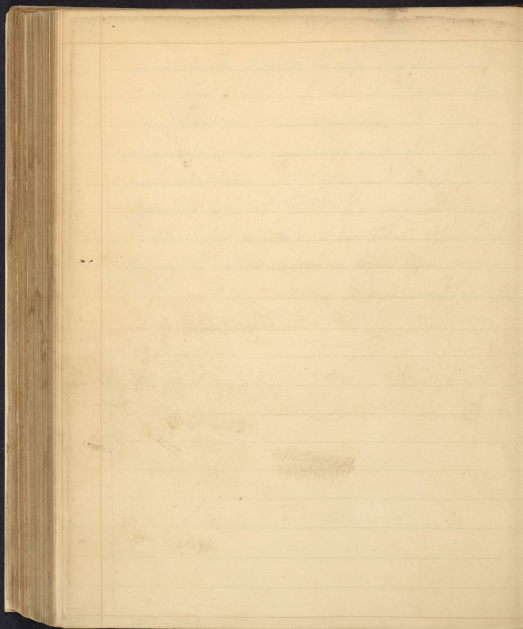
present with the same pinerose with the

the soul touching tones of melody, whose strains  
breathe indeed

"The meaning music of the heart

So which responsive shakes the varied soul."

Let us in the language of the great adventurer  
"pursue the way a few days" perhaps wepers  
shades with enable us to drink a light and the  
morning dawn shall be hailed with the joyful  
acclamation land!



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